

TECH⁴O[®]
NOTHING'S BEYOND YOU.

ACCELERATOR MANUAL



TABLE OF CONTENTS:

INTRODUCTION	3	SYSTEM:	9
WHAT THE BUTTONS DO	3	EXERCISE:	10
READING THE SCREEN	3	ALARM:	11
THE SETUP ROUTINE	4	TIMER:	11
THE MAIN MENU:	5	DUAL:	12
MAIN MENU- NORMAL TIME MODE	5	MAIN MENU- DUAL TIME MODE:	12
MAIN MENU- CALIBRATE MODE	6	MAIN MENU- TIMER MODE:	12
MAIN MENU- SETTING MODE	7	MAIN MENU- ALARM MODE:	13
TIME:	7	MAIN MENU- CHRONOGRAPH MODE:	13
DATE:	7	MAIN MENU- EXERCISE MODE:	14
PERSONAL SUB-MENUS:	8	TROUBLESHOOTING	16
GENDER:	8	REPLACE THE BATTERY?	17
BIRTHDAY:	8	WARRANTY	19
WEIGHT:	8	CONTACTS	19
HEIGHT:	8		
STRIDE:	9		

INTRODUCTION:

Thank you for purchasing this Tech4o Accelerator Series Watch! We've done everything possible to insure that your watch is easy to use - from the set-up routine that walks you through setting the major functions to a logical screen flow using up/down buttons, and a one button escape.

Stride length is important for accurate measures. This watch has a Calibration mode [pg. 6] to help you determine your stride lengths OR visit www.tech4o.com to use the stride length calculator on the Accelerator product pages.

WHAT THE BUTTONS DO: See fig.1

READING THE SCREEN: See fig.2

- **TOP LINE OF DISPLAY**, indicates which menu- **MAIN** or **SETTING** that you're currently in →
- **MIDDLE LINE**, indicates the screen that you will enter if you press **MODE - M** or just wait 10 seconds →
- **BOTTOM LINE**, indicates the next screen down the list if you press **LAP/RESET ▼** →

ESC/LIGHT- Hold to turn on the backlight or go back towards **MAIN MENU** one screen for each button press

ST/STP▲ - Starts/Stops an action. Scrolls **UP** through the **MAIN** or **SETTING MENUS**. Moves **UP** a value when in a **SETTING** mode

fig. 1



MODE - M
Activates the **SETUP** routine. Enters the center item within a **MAIN MENU** display. Moves to the next item in **SETTING MENU**

LAP/RESET ▼ - Scrolls **DOWN** through the **MAIN** or **SETTING MENUS**. Moves **DOWN** a value when in a **SETTING** mode or resets the laps to zero when in **CHRONO**

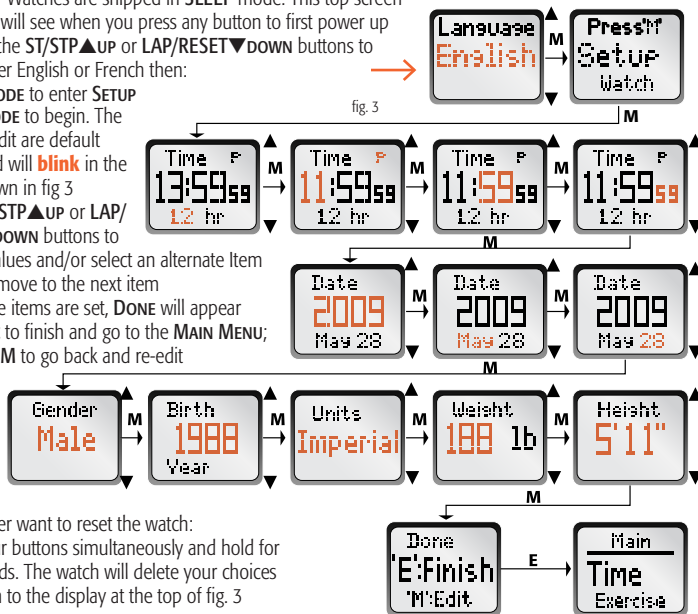


fig. 2

THE SETUP ROUTINE:

The Accelerator Watches are shipped in **SLEEP** mode. This top screen is what you will see when you press any button to first power up watch. Use the **ST/STP▲UP** or **LAP/RESET▼DOWN** buttons to choose either English or French then:

- Press **M-MODE** to enter **SETUP**
- Press **M-MODE** to begin. The items to edit are default values and will **blink** in the order shown in fig 3
- Use the **ST/STP▲UP** or **LAP/RESET▼DOWN** buttons to edit the values and/or select an alternate Item
- Press **M** to move to the next item
- When all the items are set, **DONE** will appear
- Press **E-ESC** to finish and go to the **MAIN MENU**;
OR Press **M** to go back and re-edit



Should you ever want to reset the watch:

- Press all four buttons simultaneously and hold for five seconds. The watch will delete your choices and return to the display at the top of fig. 3

THE MAIN MENU: See fig. 4.

With the setup complete:

MAIN-TIME-EXERCISE will display

Within this **MAIN MENU** there are eight alternate screens

- Press **ST/STP▲** to scroll **UP** or **LAP/RESET ▼** to scroll **DOWN**

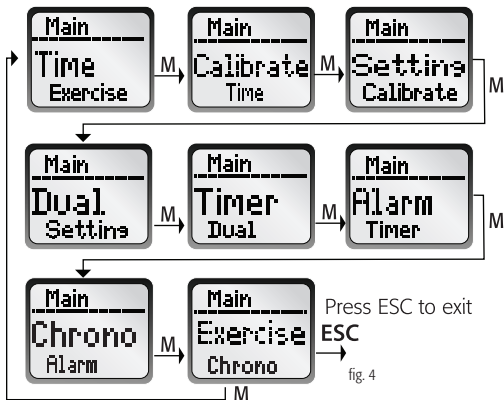
Stay on any menu and, after 10 seconds, the watch will enter that menu

You may also:

- Press **M** to enter immediately
- Press **ESC** to back out

When in a **MAIN MENU**, you are able to view all current settings, start/stop functions & turn functions On/Off

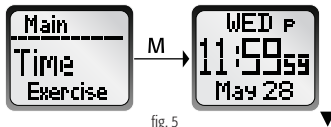
Only when in **SETTINGS MENU** are you able to make changes



MAIN MENU- NORMAL TIME MODE: See fig 5.

MAIN - TIME - EXERCISE

- Press **M** once or wait 10 seconds to view current day of week, AM/PM, time of day, month and date
- Press and Hold **▼** 5 sec. to put the watch to sleep
- Press any button to wake up a sleeping watch
- We recommend that you put the watch to sleep whenever you don't intend to wear it for an extended period. This will conserve battery power



MAIN MENU- CALIBRATE MODE: See fig. 6.

MAIN - CALIBRATE - TIME

Use this menu to determine and record your individual stride lengths for both running and walking.

From any **MAIN MENU**:

- Press **▲/▼** to scroll to **MAIN-CALIBRATE-TIME**
- Press **M** to enter **WALK - RUN** and use **▲/▼** to choose the activity to measure
- Press **M** to enter mile and use **▲/▼** to select the length of measure
- Press **M** to start the calibration. The runner icon  will display in the upper left corner. As you move, the watch will count the number of your steps needed to complete the length of measure
- Press **M** and the watch will display your average stride length
- Press **M** or **ESC** to return to **WALK-RUN** and calibrate a another stride length

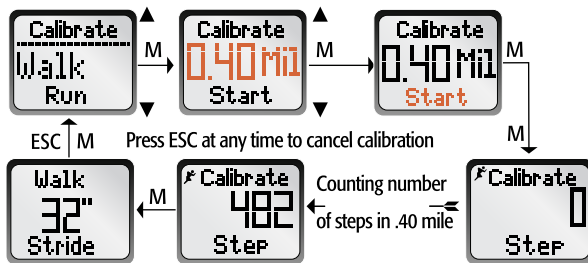


fig.6

MAIN MENU- SETTING MODE: See fig. 7.

MAIN - SETTING - CALIBRATE: This is a large menu. You will use it to log in all your personal preferences, configure the features, and essentially, make the watch yours. A lot of the input really needs to be done only once and, with the **SETUP** routine, you have already logged the necessary data for the

TIME-DATE-PERSONAL sub menus. However, since life and situations change, you can always re-edit any of the settings at any time.

Within **SETTING** there are the following sub-menus:

TIME-DATE-PERSONAL-SYSTEM-EXERCISE-ALARM-TIMER-DUAL

NOTE: In this manual, all **SETTING** sub-menus look like **THIS**



fig.7

TIME: From any **MAIN MENU**:

- Press **▲/▼** to scroll to **MAIN-SETTING-CALIBRATE**
- Press **M** to enter **SETTING-TIME-DATE**
- Press **M** to enter **TIME**. The items to edit are the current values and will **blink** in the order shown in fig. 8.
Use **▲/▼** to adjust the value
- Press **M** to move to the next value
- Press **ESC** to return to **SETTING-TIME-DATE**

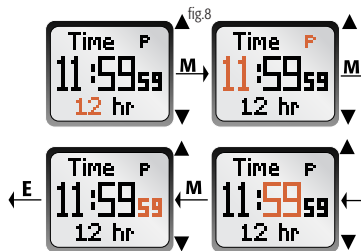


fig.8

DATE: From any **MAIN MENU**:

- Press **▲/▼** to scroll to **MAIN-SETTING-CALIBRATE**
- Press **M** to enter **SETTING-TIME-DATE** and use **▼** to scroll to **SETTING-DATE-PERSONAL**
- Press **M** to enter **DATE**. The items to edit are the current values and will **blink** in the order shown in fig.9.
Use **▲/▼** to adjust the value
- Press **M** to move to the next value
- Press **ESC** to return to **SETTING-DATE-PERSONAL**
- Press **ESC** to return to **MAIN-SETTING-CALIBRATE**

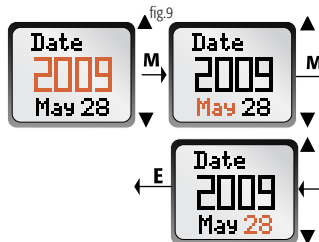


fig.9

PERSONAL SUB-MENUS Use these next five screens to load in all the physical data necessary for accurate measurements and calculations.

GENDER: From any **MAIN MENU**:

- Press **▲/▼** to scroll to **MAIN-SETTING-CALIBRATE**
- Press **M** to enter **SETTING-TIME-DATE** and use **▼** to scroll to **SETTING-PERSONAL-SYSTEM**
- Press **M** to enter **PERSONAL-GENDER-BIRTHDAY**. The item to edit will **blink**. Use **▲/▼** to choose. See fig.10.
- Press **ESC** to return to **PERSONAL-GENDER-BIRTHDAY**

BIRTHDAY: From **PERSONAL-GENDER-BIRTHDAY**

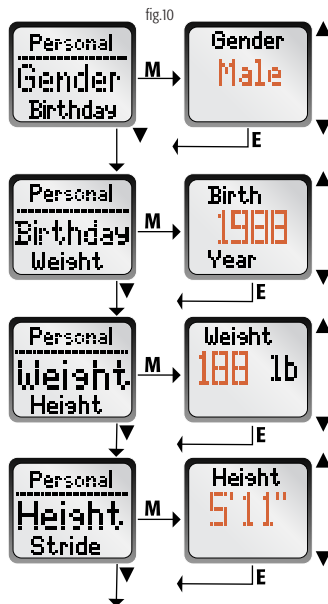
- Press **▼** to scroll to **PERSONAL-BIRTHDAY-WEIGHT**
- Press **M** to enter **BIRTHDAY**. The item to edit will **blink**. Use **▲/▼** to choose. See fig.10.
- Press **ESC** to return to **PERSONAL-BIRTHDAY-WEIGHT**

WEIGHT: From **PERSONAL-BIRTHDAY-WEIGHT**

- Press **▼** to scroll to **PERSONAL-WEIGHT-HEIGHT**
- Press **M** to enter **WEIGHT**. The item to edit will **blink**. Use **▲/▼** to adjust. See fig.10.
- Press **ESC** to return to **PERSONAL-WEIGH-HEIGHT**

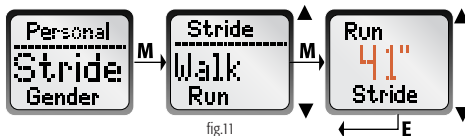
HEIGHT: From **PERSONAL-WEIGHT-HEIGHT**

- Press **▼** to scroll to **PERSONAL-HEIGHT-STRIDE**
- Press **M** to enter **HEIGHT**. The item to edit will **blink**. Use **▲/▼** to adjust. See fig.10.
- Press **ESC** to return to **PERSONAL-HEIGHT-STRIDE**



STRIDE: From PERSONAL-WEIGHT-HEIGHT

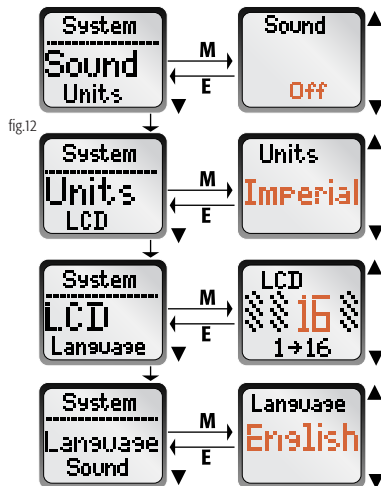
- Press ▼ to scroll to
PERSONAL-STRIDE-GENDER
- Press M to enter STRIDE
- Press ▼/▲ to choose - WALK OR RUN
- Press M to enter WALK OR RUN. The value to edit will **blink**. Use ▲/▼ to adjust. See fig.11.
- Press M or ESC to return to WALK-RUN and adjust your other stride
- Press ESC twice to return to PERSONAL-STRIDE-GENDER



SYSTEM: Use these three screens to customize your interface with the display. See fig.12

From any MAIN MENU:

- Press ▼/▲ to scroll to MAIN-SETTING-CALIBRATE
- Press M to enter SETTING-TIME-DATE and use ▼ to scroll to SETTING-SYSTEM-EXERCISE
- Press M to enter SYSTEM-SOUND-UNITS
- Press M to enter SOUND. The current choice will **blink**. Use ▲/▼ to choose ON or OFF
- Press E to return to SYSTEM-SOUND-UNITS
- Press ▼ to scroll to SYSTEM-UNITS-LCD
- Press M to enter UNITS. Use ▲/▼ to choose IMPERIAL or METRIC
- Press E to enter SYSTEM-UNITS-LCD.
- Press ▼ to scroll to SYSTEM-LCD-LANGUAGE.
- Press M to enter LCD. Use ▲/▼ to adjust brightness

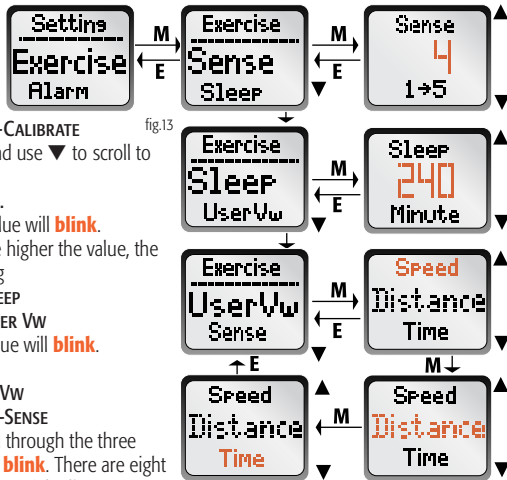


- Press **E** to return to **SYSTEM-LCD-LANGUAGE**
- Press **▼** to scroll to **SYSTEM-LANGUAGE-SOUND**
- Press **M** to enter **LANGUAGE**. Use **▲/▼** to choose **ENGLISH** or **FRENCH**
- Press **E** twice to return to **SETTING-SYSTEM-EXERCISE**

EXERCISE: Use these screens to set the watch sensitivity for counting your steps; set the time that the sensor sleeps and set what kind of information you want to display in each of the three lines of the watch face during your run. See fig.13

From any **MAIN MENU**:

- Press **▼/▲** to scroll to **MAIN-SETTING-CALIBRATE**
- Press **M** to enter **SETTING-TIME-DATE** and use **▼** to scroll to **SETTING-EXERCISE-ALARM**
- Press **M** to enter **EXERCISE-SENSE-SLEEP**.
- Press **M** to enter **SENSE**. The current value will **blink**.
Use **▲/▼** to adjust up or down. The higher the value, the greater the sensitivity in step counting
- Press **E** to return to **EXERCISE-SENSE-SLEEP**
- Press **▼** to scroll to **EXERCISE-SLEEP-USER VW**
- Press **M** to enter **SLEEP**. The current value will **blink**.
Use **▲/▼** to adjust up or down
- Press **E** to return **EXERCISE-SLEEP-USER VW**
- Press **▼** to scroll to **EXERCISE-USER VW-SENSE**
- Press **M** to enter **USER VW** and to scroll through the three display lines. The current settings will **blink**. There are eight choices of information to display in any of the lines:



STEP-TIME-MOVE-CALORIES-SPEED-AVG SPD-MAX SPD-DISTANCE

- Press ▲/▼ to make your choice
- Press M to move among the lines
- Press ESC twice to return to SETTING-EXERCISE-ALARM

ALARM: Use this to set the watch Alarms. See fig.14

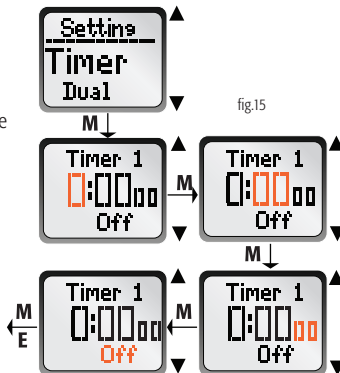
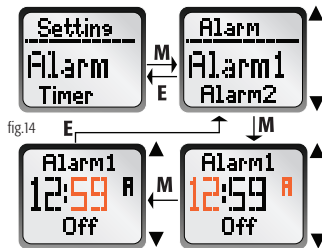
From any MAIN MENU:

- Press ▼/▲ to scroll to MAIN-SETTING-CALIBRATE
- Press M to enter SETTING-TIME-DATE and use ▼ to scroll to SETTING-ALARM-TIMER
- Press M to enter ALARM-ALARM1-ALARM2
- Press M to enter ALARM1 and use ▼/▲ to change the hour and A or P
- Press M again and use ▼/▲ to change the minutes
- Press E to return to ALARM-ALARM1-ALARM2
- Press ▼/▲ to scroll to ALARM2
- Again press M to enter ALARM2 and use ▼/▲ to change the hour and minutes
- Press E twice to return to SETTING-ALARM-TIMER

TIMER: Use this to set up to ten countdown timers. See fig.15

From any MAIN MENU:

- Press ▼/▲ to scroll to MAIN-SETTING-CALIBRATE
- Press M to enter SETTING-TIME-DATE and use ▼ to scroll to SETTING-TIMER-DUAL
- Press M to enter TIMER and use ▼/▲ to set the hour
- Press M and use ▼/▲ to set the minutes



- Press **M** and use ▼/▲ to set the seconds
- Press **M** and use ▼ to turn the counter On/Off
- Press **M** to set the next timer *OR*
- Press **E** to return to **SETTING-TIMER-DUAL**

DUAL: This is very useful when you travel. Here you can set the watch for an alternate time zone. Each push of the button changes time in thirty minute increments, up or down, from your current local time. See fig.16

From any **MAIN MENU**:

- Press ▼/▲ to scroll to **MAIN-SETTING-CALIBRATE**
- Press **M** to enter **SETTING-TIME-DATE** and use ▼ to scroll to **SETTING-DUAL-TIME**
- Press **M** to enter **DUAL** and use ▼/▲ to change time to the new zone
- Press **E** to return to **SETTING-DUAL-TIME**

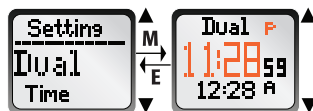


fig.16

MAIN MENU- DUAL TIME MODE: See fig 17

From any **MAIN MENU**:

- Press ▼/▲ to scroll to **MAIN-DUAL-SETTING**
- Press **M** once or wait 10 seconds to view **DUAL** in hours, minutes and seconds on the second display line and your local time in hours and minutes on the third line
- Press **E** to go back to **MAIN-DUAL-SETTING**

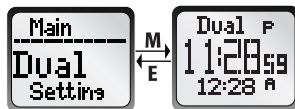


fig.17

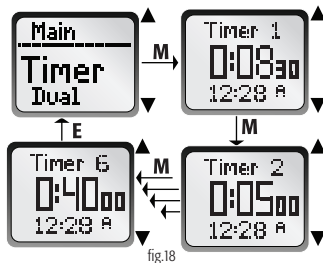
MAIN MENU- TIMER MODE: See fig 18

From any **MAIN MENU**:

- Press ▼/▲ to scroll to **MAIN-TIMER-DUAL**
- Press **M** once or wait 10 seconds to view the first **TIMER** that you have turned **ON**. Example: **TIMER 2** displays hours, minutes and seconds on the middle line and your current local time in hours and minutes on the bottom line

NOTE: If counting down, the **TIMER** will beep:
Once at the last 30, 20, 10, 5, 4, 3, 2, 1 seconds and
Continuously for 30 seconds at zero

- Press **▲** once to start / stop the countdown timer
- When the timer is stopped, Press **▼** if you wish to reset it
OR Press **▲** to restart where you left off
- If the **TIMER** runs out, the watch will automatically move to the next **ON TIMER**
- Also, when a **TIMER** is stopped, you may Press **M** to select the next **ON TIMER**
- Press **E** to go back to **MAIN-DUAL-SETTING**



MAIN MENU- ALARM MODE: See fig 19

From any **MAIN MENU**:

- Press **▼/▲** to scroll to **MAIN-ALARM-TIMER**
- Press **M** once or wait 10 sec. to view **ALARM-ALARM1-ALARM2**
- Press **M** to view **ALARM1**
- Press **▼/▲** to scroll through and set one of the nine **ALARM** schedules: **OFF-DAILY-SUN-MON-TUE-WED-THU-FRI-SAT**
- Press **E** to go back to **ALARM-ALARM1-ALARM2**
- Press **▼/▲** to switch to **ALARM2**
- Press **M** to view **ALARM2**
- Press **▼/▲** to scroll through and set one of the schedules:
- Press **E** twice to go back to **MAIN-ALARM-TIMER**

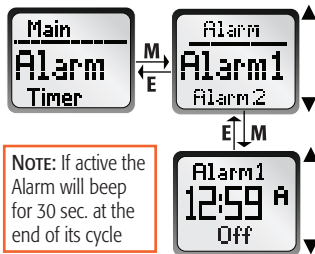


fig.19

MAIN MENU- CHRONOGRAPH MODE:

See fig 20

This is our stopwatch and lap records function.

The watch is able to store up to 100 laps.

By **LAP** we mean elapsed time not distance

From any **MAIN MENU**:

- Press **▼/▲** to scroll to **MAIN-CHRONO-ALARM**
- Press **M** once enter **CHRONO** splash screen and wait 2 seconds to view:
 - the top display line- **TOTAL TIME**
 - the middle line- **LAP TIME**
 - the bottom line- **LAP NUMBER**.
- Press **▲** to start/stop the chronograph
- If stopped, Press **▼** for 2 seconds to reset the chronograph
- Press **M** for to **RECALL** lap times and use **▼/▲** to scroll through laps
- Press **M** to go back to **CHRONO**
- Press **E** to return to **MAIN-CHRONO-ALARM**

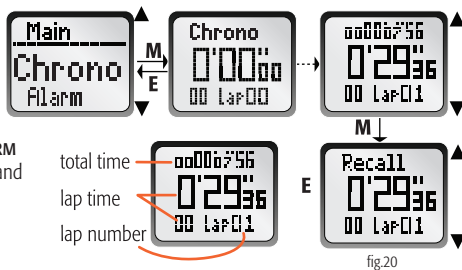


fig.20

MAIN MENU- EXERCISE MODE: See fig.21

This mode is information rich. Within the three sub-menus, you can view your current and the past 10 days of performance records

From any **MAIN MENU**:

- Press **▼/▲** to scroll to **MAIN-EXERCISE-CHRONO**
- Press **M** once to enter **EXERCISE-PEDO-USER VW**
- Press **M** once enter **PEDO** splash screen and wait 2 sec. to view:
 - number of steps
 - distance traveled
 - current time

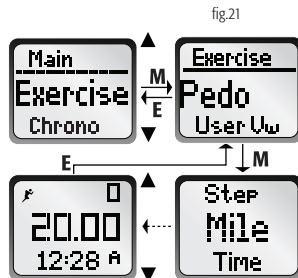


fig.21

- Press **▲** to start/stop the pedometer. A running man will show in the top left corner of the display
- If stopped, Press **▼** for 2 seconds to reset the pedometer
- Press **E** to return to **EXERCISE-PEDO-USER VW**

ALSO: There is another sub-menu that is similar to **PEDO** titled **USER VW**. The difference is that you, within the **SETTING MODE**, determine just what information is displayed. See page 10. You access it almost the same way: See fig.22

From **EXERCISE-PEDO-USER VW**:

- Press **▲** to scroll to **EXERCISE-USER VW-HISTORY**
- Press **M** once enter **USER VW** splash screen and wait 2 seconds to view your custom display
- Press **E** to return to **EXERCISE-USER VW-HISTORY**

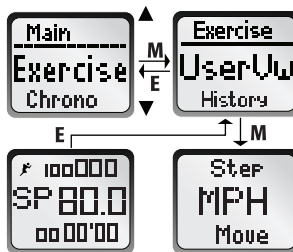


fig.22

This last sub-menu, titled **HISTORY**, contains up to 10 daily records of your exercise data. Within it, you are able to review:

MOVE- the total time spent on task for this record

DISTANCE- total miles or km traveled

STEP- actual number of steps taken

MAX SPD- your peak speed in mph or kmph

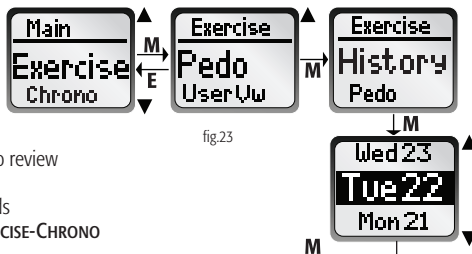
AVG SPD- your average speed over the record distance

CALORIES- approximate number of calories burned

See fig. 23 on the following page

From **MAIN-EXERCISE-CHRONO**

- Press **M** once to enter **EXERCISE-PEDO-USER VW**
- Press **▲** to scroll to **EXERCISE-HISTORY-PEDO**
- Press **M** once to enter days of the week
- Press **▼/▲** to scroll to the day you wish to review
- Press **M** once to enter that days records
- Press **▼/▲** to scroll through the six records
- Press **E** three times to return to **MAIN-EXERCISE-CHRONO**



TROUBLESHOOTING:

The distance measurements are off:

- **Have you properly set up your personal profile?** Although the watch comes with a pre-programmed profile, a you can achieve much greater accuracy by taking 5 minutes to set your personal profile.
- **Have you properly adjusted the pedometer settings?** You may need to adjust the sensitivity or sleep timer to better match your personal stride and schedule.
- **Do you exhibit drastic variations in your running/walking pace, or is your pace different than the pace used to determine your stride length?** Accelerators work best when you maintain a relatively steady running or walking pace. This is not to be confused with the watch's ability to determine whether you are running or walking. Your stride lengths should be measured using the same pace as you use when actually exercising

REPLACE THE BATTERY?

As the battery (CR2032) nears exhaustion, it should be replaced. When in normal time, the display will provide a low battery warning. See fig 24.

Note: When you replace the battery, the watch memory will be erased and all of the information stored will be lost. Upon restart, you will be taken to the original setup screen. See fig.2

We recommend that you have the battery replaced by an authorized repair center or a jeweler

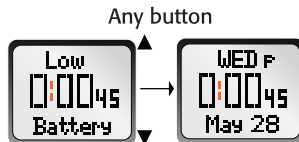
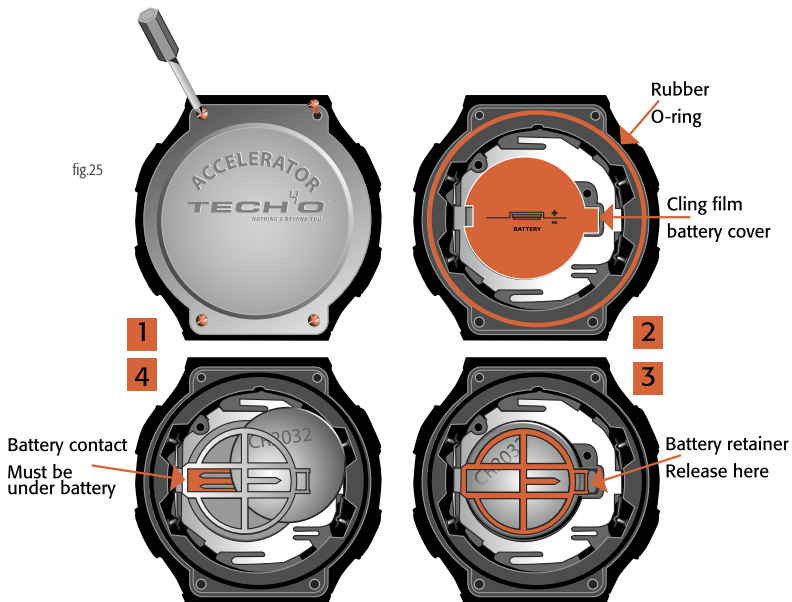


fig.24

However, if you have the proper tools, you may try the following: See fig. 25 on the next page

1. With a jewelers Phillips screwdriver remove the 4 screws and case back. Remember to save all watch parts as you will need to re-install them
2. Remove the cling film battery cover
3. Fit a stiff pin into the notch of the battery retainer. Push it out and up to release the retainer. Take care as this is delicate work. Lift the spent battery out and recycle
4. Insert a new **CR2032** battery with the **+** facing up. Take care to slide the battery up and over the battery contact. Should you crush the contact against the side, the watch will not work and this is not covered by the warranty
5. Make sure that the rubber O-ring is still in place. This O-ring must sit properly to maintain water resistance. Refit the cling film over the battery. Lastly, place the case back to its original position and screw it down

fig.25



LIMITED WARRANTY:

What is covered? Johnson Outdoors Gear LLC warrants your Tech4o Watch to be free from defects in materials or workmanship, and to perform accurately, for one (1) year provided it has not been damaged by the causes described in the next paragraph.

What is not covered? Normal wear, and damage due to the abrasion, melting, misuse, alteration, and abuse (including any disassembly) are not covered by this warranty. Digital Watches are water resistant, they are not waterproof. Damage resulting from excessive exposure to water, heat or cold is not covered under this warranty. Additionally, the battery is not covered under the warranty. Always have the battery replaced by an authorized repair center or jeweler. Should you do the work yourself, you may void this warranty.

How to obtain warranty service or repair of your watch? Should a defect covered by this warranty appear in your watch, call our Consumer Service Department toll-free at 1.800.572.8822 for return authorization and instructions. (You must pay the cost of returning the unit to us). If the product is found to be defective in material or workmanship, we shall, at our option, either repair or replace it without charge, and will pay the cost of return shipment to you. If repairs are required to correct any problem not covered by this warranty, we will contact you for approval to proceed and to charge you for the components repaired or replaced, plus a nominal charge for labor.

THERE ARE NO EXPRESS WARRANTIES ON YOUR WATCH THAT ARE NOT CONTAINED IN THIS DOCUMENT. IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM USING OR LOSS OF USE OF YOUR WATCH.

Some states do not allow exclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you.

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CONTACT US:

U.S.A.: Johnson Outdoors Gear LLC
625 Conklin Road, PO Box 966
Binghamton, New York 13902
Phone: 607.779.2222
Toll Free: 1.800.572.8822

Canada: Johnson Outdoors Canada Inc.
4180 Harvester Road
Burlington, Ontario Canada L7L 6B6
Phone: 905.634.0023
Toll Free: 1.800.263.6390

Europe: Nigor Net BV
Kabelweg 100
1014 BC Amsterdam
Phone: +31 (0)20-5818550
Web: www.tech4o.eu E-mail: info@nigor.net

For technical help: www.tech4o.com

A person is running in a desert landscape, wearing a dark long-sleeved shirt and shorts. The background shows dry grass and hills under a clear sky.

TECH⁴O[®]
NOTHING'S BEYOND YOU.

JOHNSON
OUTDOORS

Johnson Outdoors Gear LLC © 2009, All Rights Reserved. Rev. A Oct. 09